



Travel Guide

for People with an Ostomy



Coloplast

Travel Guide



Being well prepared is a good first step for a carefree holiday! To help you get ready for your vacation, we have gathered some information and a few tips in this travel guide.

These are general guidelines meant to help you with some commonly asked questions. You should always follow the specific instructions given by your healthcare provider.

Before going away: What to remember



Order extra products and order them well in advance. That way, you'll be sure you have enough in time for your trip.



Note the name of your product(s) on your **travel certificate** - taking a picture of them may also be a good idea, just in case.



Bring your travel certificate with information in several languages.



See our packing list at the end of this guide to arrive with everything you need.



Pack a small travel bag to keep the essential supplies with you when you're traveling or out-and-about.



Cut your barriers to the right size - it's more convenient when you're on-the-go.



When booking your ticket, it might be a good idea to book a seat near the bathrooms as it may ease your mind being close to a toilet.



Buy travel insurance - worry less!

COVID-19: Remember to check the COVID-19 restrictions at your destination and plan accordingly. Extra masks are always handy to have! You can also view our handwashing guide [here](#).

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Bathrooms

If possible, make sure all the places you want to visit have bathrooms available beforehand - especially if you require one that is wheelchair accessible. Search them online or give them a call if you are in doubt.

TIP: Check if it is common to pay a fee for using bathrooms and make sure to have small change in local currency on you.

Learning the word for “bathroom” in the local language can be very helpful. If you have a disability, it might be possible to get a card you can show. Ask your healthcare provider or your local association about it.

If you are travelling by plane



Preparations you can do from home

When booking your ticket, it might be a good idea to book a seat in the back row near the bathrooms. Cut your barriers to the right size at home as you will not be allowed to bring your ostomy scissors through airport security - pack those in your checked luggage!



Security check

The security scanner might detect your pouch, even if it's empty. However, you don't have to show your pouch, and security should not ask you to remove clothing to expose it or let them touch it.

You may be asked (or you can volunteer) to rub your hand against the pouch on the outside of your clothes to rule out explosives, but that should be the extent of the examination. You can always show them your **travel certificate**, which explains your condition, the medical supplies you are carrying and why you might need support and privacy.



In the air

There is a slight risk that the pressure will cause the pouch to balloon. If this should happen, all you need to do is go into the bathroom and empty your pouch. Ballooning is often caused by something you ate or drank – so when you're flying be extra careful with carbonated drinks.

If you are a little self-conscious about noise from the pouch, remember how noisy an air-plane cabin is!

For more information look at the website of the airport you are travelling from before going.

Alex's* Tips



His story

I made the decision to undergo ileostomy surgery to get my life back. Since coming out of surgery, I have put all my energy into healing and getting stronger.

Instead of focusing on any potential negative aspects of this new change in my life, I have kept a positive focus on what my ileostomy allows me to do, and how it will help me get back to doing the things I love.

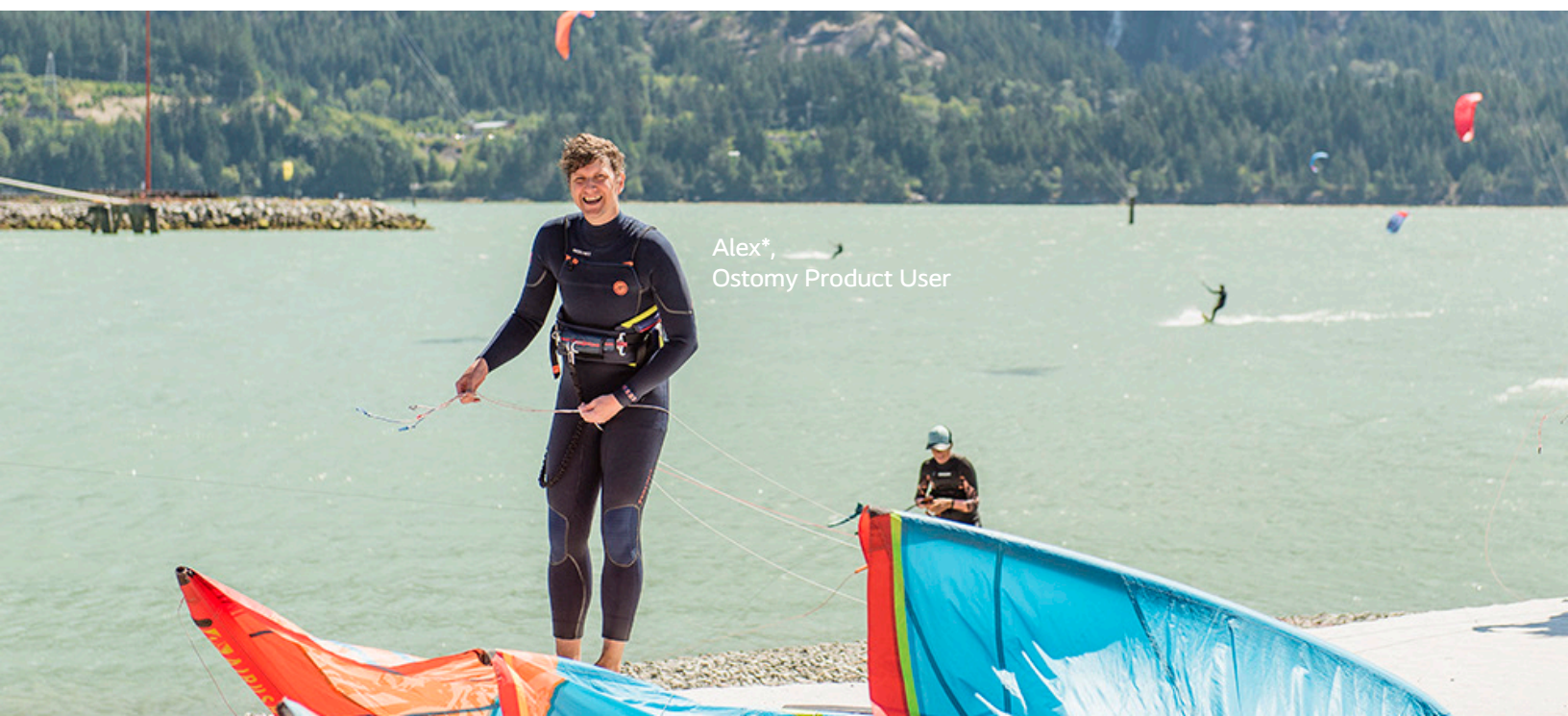
1) Going through airport security

Early on, the idea of going through airport security was a bit intimidating, but I've been many times now and I don't think twice about it anymore. The first few times, I would tell each agent that I had an ostomy, and ask if I needed to do anything different. In most cases, they didn't bother with anything.

One time, they wiped my appliance down with the wand that tests for explosives, but otherwise, at this stage, I don't even mention it unless they pull my luggage aside for extra inspection. I just tell the truth and mention medical supplies, and then I breeze right through.

2) Preparing beforehand

When planning to travel, I pre-cut my flanges, and cut more than I think I'll need. This helps speed up bag changes, but also, if you end up losing your ostomy scissors, your bags are already cut anyway, so you have some time to replace them! I also pack most of my ostomy supplies in my carry-on, and then have some back-ups packed in my checked luggage just in case.



Alex*,
Ostomy Product User

Alex's* Tips



3) Staying fresh

As for the travel days themselves, I put on a fresh bag the night before or the morning of a travel day. A new bag just feels nice, and gives a little boost of confidence. I also try and empty my bag right before boarding my flight or leaving for a road trip, just to maximize the time between emptying whilst traveling. It's just nice to start things off as empty as possible.

4) Keeping hydrated

Another thing that can get lost in the excitement of travelling is staying hydrated. I bring a reusable water bottle with me so that I can fill it up once I'm past security, and refill as needed. If you use an electrolyte mix, you can bring those and add to the bottle as well.

Staying hydrated, while easy to overlook, is so important, and can help avoid any potential health issues while you're away!

5) Staying positive

Honestly, once you have your supplies packed, my best advice is to enjoy the ride. Travelling is an adventure: embrace it, smile, and have fun along the way.

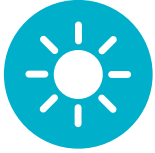
**Alex received compensation from Coloplast to provide this information. Each person's situation is unique, so your experience may not be the same. Talk to your healthcare provider about which product might be right for you.*



Travel Guide



On the way: Your products



We do not recommend that you leave your products in the car for long periods of time during hot weather, since the heat may damage the barrier adhesive. Your supplies should, if possible, be stored at room-temperature.

At your destination



Going somewhere warm?

Remember to apply sunscreen *after* you put on your pouch. The lotion could affect the adhesive barrier and make it harder to stick. If the climate is warm enough to make you sweat more than usual, you may need to change your pouch more frequently.

Make sure your skin is completely dry before you apply a new pouch for good adhesion. It can be a bit tricky if the weather is hot and humid.

Swimming



Always make sure that the barrier sticks properly before going swimming – give it some time after applying to adhere to the skin. Be aware that the water can affect the adhesion negatively, so you may need to change your product more frequently.

In case of emergency



It is well worthwhile to find out in advance where and how you can get medical assistance at your travel destination. If you're going on a longer trip, you should check whether it is possible to get the supplies you need locally. Your regular supplier might even arrange delivery abroad for you - just make sure to ask well in advance!

Packing List



Ostomy specifics

- ☐ Ostomy bags (plus a few extra in case of delays)
- ☐ Accessories (we have convenient travel-size wipes in our [Brava® Adhesive Remover](#) and [Brava® Skin Barrier](#))
- ☐ Ostomy scissors (request a free pair [here](#))
- ☐ A small travel bag to keep your supplies with you when you're out and about
- ☐ Travel certificate (ideally also a version in the native language of your destination)
- ☐ Dry wipes
- ☐ Disposable bags
- ☐ Filter cover stickers (for if you go swimming)
- ☐ Mini or midi pouches and mini high output if you desire discretion while travelling and/or swimming

Add your own notes

Coloplast Care



Coloplast Care: Personal support for you

Coloplast Care is a product and lifestyle support program that guides you to a better life through simple, straightforward advice about bladder management. We offer a helping hand whenever you need support along with the tips and tools you need to take control of bladder issues.

Coloplast Care offers you:

► Online support

A dedicated website with articles and reliable product and lifestyle advice from healthcare professionals and real users.

► Phone support

Advisors ready to answer questions and provide support.

► Emails

Inspiration relevant for your situation, direct into your email inbox.

► Product guidance

Access to product samples on request.

Join us today at:
www.ostomy.coloplastcare.ca
or call us at +1-866-293-6349



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Ostomy Care / Continence Care / Wound and Skin Care / Interventional Urology

Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare. Our business includes Ostomy Care, Continence Care, Wound and Skin Care and Interventional Urology. The Coloplast logo is a registered trademark of Coloplast A/S. © 2022-05 All rights reserved Coloplast A/S, 3050 Humlebaek, Denmark. PM-22761

